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correct the morbid acidities, the following may be taken twice a day:—Solution of potass, one drachm; lime-water, seven ounces.—Mix. A table spoonful each time.

Should the patient feel pain, attended by flatulency, he may take prepared chalk, twelve grains; peppermint water, half an ounce; pure water, one ounce; spirit of pimento, two drachms; tincture of opium, twelve drops.—Mix. This draught to be taken three times a day, with any gentle laxative, should the patient require it.

#### COMMON COLDS.

Illness of various kinds proceed from what is generally termed a cold, which almost in all cases proceeds from a stoppage of perspiration. Of course, whatever will promote a return of that necessary evacuation, will be most likely to benefit the patient; lying longer in bed in the morning, drinking warm tea, or some other mild liquor, bathing the legs and feet in warm water, will most probably succeed; but care should be taken, on the first appearance of it, as it will then be the more easily eradicated.

#### HOT PUNCH AT NIGHT TO CURE A COLD.

This remedy, from its agreeable qualities towards the palate, is a frequent one. A more dangerous cannot be. What is called a cold is always depending upon partial inflammation, and as ardent spirits increase the action of the arteries, the inflammation may extend; and, if to the lungs, may prove fatal. In slight cases, however, a perspiration, induced by the punch, may relieve, but it is a dangerous experiment; such a remedy will be always esteemed by a certain class of people, and those will always have an excuse for it. If they get better the next morning, after this dose of delight, they extol to the skies its medicinal qualities—and if, on the other hand, they are worse in the morning, they tell you that if it were not for the hot punch which they took the night before, they are sure they would be still worse—if not gone altogether!—"How fortunate!"—It is more dangerous than opium. A hot drink of *whisky* is a true remedy.

#### HOW TO SPEND THE WINTER EVENINGS IN THE COUNTRY.

In the evenings, the regular domestic arrangements might be agreeably varied, for the entertainment and instruction of the younger people, by lectures in astronomy and geography—the instruments for this purpose are by no means expensive; but if the amount was found to be inconvenient, the money might be easily procured, if families in the country would subscribe, and associate themselves for the purpose of procuring what was necessary—a good *Encyclopedia*, which contained the modern improvements and discoveries, would be an incalculable acquisition to a neighbourhood, and would serve as a text-book, for an endless series of instructive and most interesting experiments; an orrery might be purchased from the same fund, for two or three guineas, which would explain to a number of children the causes of day and night, the succession of the seasons, the changes of the moon, the tides, twilight, and the nature of eclipses—a small manual orrery, consisting of the sun, earth, and moon, is best adapted for this purpose, because the revolutions of the earth are more clearly shewn in these where the earth is sufficiently large to have the different countries delineated upon it—this could be easily carried from house to house. Instead of the small brass sun in the centre, a wax candle, or patent lamp, with the glass round it, may be substituted—and by darkening the room, the illuminated parts of the earth and moon may be easily distinguished. The revolutions of the planets are of much less importance than those of the earth, but they may be easily explained to young people by the following plan:—Let the orbits of the planets be chalked out on the floor, and set a lamp on a table in the middle of the room, to represent the sun—then place twelve chairs round the room for the signs of the Zodiac, and let seven children of different sizes represent the planets—a child of four years old might be called Mercury—one of six, Venus, and a grown person, Saturn. The children may then be taught to move round the sun in the orbits of the planets they are to represent, observing the relative pe-

riods of time in which each makes its revolution. To render this *walking orrery* the more entertaining, the whole procession may move to slow music, and as the heads of the children should be considered as representing the bodies of the planets, the Herschel, Saturn, and Jupiter may fix balls round their heads for the satellites. The child who represents the earth may, in like manner carry a moon.

To a practical survey of the heavens, which may succeed this, or other preliminary instruction, *Friend's Evening Amusements* will be found peculiarly subservient; and with the aid of a telescope, the planets may be observed, and their positions with regard to the fixed stars ascertained;—a more delightful contemplation cannot be conceived, or one that more directly leads the faculties to the noblest objects of their exercise. As a previous step to his more complicated enquiry, a favourable spot may be chosen from whence, of a summer's evening, to observe the setting sun, and to remark any object by which the pupil may mark the exact point where it sets: the next morning return to the same spot before sun-rise—he will of course observe that it rises at nearly the opposite part of the heavens—it will be easy then to explain the phenomena of the rising and setting. If he does not know how the sun passes from sun set to sun rise, he at least knows how he travels from the rising to the setting point: the former can be explained by the latter—nor is it possible that the analogy can escape his observation.—Having marked the rising of the sun at midsummer, he must be brought to contemplate it at Christmas, from the same spot: he will then find the phenomenon to take place in a different part of the heavens, and this will give further opportunity of explanation.

Geography is the easiest of all sciences, and the best adapted to the capacities of children; it may be an useful and agreeable method, when young people learn the situation of any important country, to join with that knowledge some one or two leading facts or circumstances concerning it; so that its particular property may always put you in mind of the situation, and the situation, in like manner, put you in mind of the property. The ancient and modern names of the most important countries should be learned at the same time, and they should be fixed so strongly in the mind, that the ancient name should always call up the modern one to the memory, and the modern the ancient. In learning geography, the frequent and attentive inspection of maps will be of the greatest use. Whenever the name of an unknown place occurs in reading, let the student mark it down in his pocket-book, to be searched for in the map at a convenient opportunity; it is not expedient to turn immediately from the book to the map on every occasion, because it will interrupt the course of reading, divert the attention from the main subject, and be the cause of losing some idea, or some improvement of greater value than the knowledge of a local situation.

#### EXPEDIENCY OF ATTENDING TO THE EYE-LASHES.

It is no less strange than true, that European beauties are quite inattentive to the growth of their eye-lashes; though in Circassia, Georgia, Persia, and Hindostan, it is one of the first objects of a mother's care to promote the growth of her children's eye-lashes. Hair left to itself seldom grows long, but either splits at the top into two or more forks, or becomes smaller and smaller until it ends in a fine gossamer point. When it does so, it never grows longer, but remains stationary. The Circassian method of treating the eye-lashes is founded on this principle;—the careful mother removes, with a pair of scissors, the forked and gossamer like points (not more) of the eye-lashes, and every time this is done their growth is renewed, and they become long, close, finely curved, and of a silky gloss. This operation of clipping may be repeated every month or six weeks. The eye-lashes of infants and children are best tipped when they are asleep. Ladies may, with a little care, do the office for themselves. This secret must be invaluable to those whose eye lashes have been thinned and dwarfed, as often happens by inflammation of the eyes.